



Metabolic Medicine

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Thyrotoxicosis Shared-Care Scheme Information Sheet

STARTING THYROXINE (‘Block and Replace’)

Your thyroid blood tests have come under very good control with carbimazole, and you are no longer overactive.

In fact, the most recent blood tests show that the thyroid is now becoming slightly underactive.

Because of this we need to change your treatment:

- As we previously explained to you, the easiest way to keep your thyroid function balanced at this stage is to **continue with the same, simple dose of carbimazole** and also **take another single tablet of thyroxine**.
- Thyroxine is the natural thyroid hormone in a tablet, so that it does not cause any side effects. Taken with the carbimazole it will bring your thyroid blood tests up into the middle of the normal range. Being on thyroxine also qualifies you to receive free prescriptions.
- **We have recommended the dose of thyroxine you require on the attached letter. You will need to visit your GP to discuss this and get a prescription.** If there are any problems or difficulties we would be pleased to arrange to see you in the clinic.
- We still plan that you will continue carbimazole for 18 months in total, and at that stage we will probably ask you to stop both tablets. We use carbimazole and thyroxine together both because it is simple and convenient, and because it appears that this combined treatment may increase the proportion of people in whom the thyroid remains totally normal at the end of the course of treatment.
- If all goes well, we will still see you again in the clinic about one year after you first visit. At that visit we will explain the way we want you to stop carbimazole/thyroxine, explain what blood tests you will need after treatment stops and discuss what treatment we might recommend if the thyroid trouble ever comes back again.
- **Telephone ‘Hot-Line’:** Nicki Kieffer, the nurse practitioner, looks after a telephone ‘hot-line’ which you can ring if you have any questions or worries about your condition or about the treatment. If the problem cannot be sorted out easily on the phone, or by your GP, then we can always arrange to see you soon in the clinic.

☎ Leicester (0116) 258 5702